

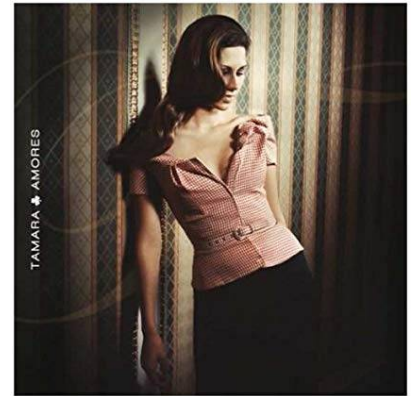
# CADA DIA

**Music:** Tamara  
**Cd :** Amores [www.amazone.com/](http://www.amazone.com/)  
Track # 2 Time 3:51  
Shortened Cut from 2:54,3 to end & Fade-out from 2:55 to end  
Slow down w/ -10% to time 3:14 Available from choreographer

**Rhythm:** Rumba & Cha Cha  
**Phase:** V+2U (Cont Chase w/ Underarm Pass & Peeks + Tummy Check & Bk)

**Footwork:** Opposite except where (Noted)

Release Date: Dec 19  
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium  
**E-mail:** [jos.dierickx@telenet.be](mailto:jos.dierickx@telenet.be)  
**Sequence:** INTRO AB INTRO A(1-8) B INTRO(1-6) END



## INTRO

### WAIT ONE MEASURE BFLY WALL LEAD FOOT FREE START w/ RUMBA

#### 01-08 CONTINUOUS CHASE w/ UNDERARM PASS & PEEKS ; ; ; CONTINUE ; ; ; W SWIVEL to FACE ;

**{Continuous Chase w/ Underarm Pass & Peeks}** Fwd L trng ½ RF keepg ld-hnds jnd behind M, rec R, fwd L (*W bk R, rec L, fwd R twds M's lft-sd*), -; Bk R raisg jnd ld-hnds, rec L, sd R (*W fwd L, fwd R trng ½ LF under jnd ld-hnds, fwd & sd L contg to trn ½ LF*) to TAND COH w/ ld-hnds still jnd above the head W, -; **{Peek-a-Boo x 2}** Sd L, rec R, cl L (*W sd R lookg ovr lft-shldr, rec L, cl R*), -; Sd R, rec L, cl R (*W sd L lookg ovr r-shldr, rec R, cl L*), -; **{Continue}** Fwd L trng ½ RF keepg ld-hnds jnd behind M, rec R, fwd L (*W fwd R trng ½ LF, fwd L, fwd R twds M's lft-sd*), -; Repeat meas 2,3 Part A ; ; **{W Swivel to Fc}** Sd R, rec L, cl R (*W sd L lookg ovr r-shldr, rec R trng ½ RF, cl L*) to BFLY WALL, -;

## PART A RUMBA

#### 01-04 OP HIP TWIST INTO FAN ; ; STOP & GO HOCKEY STICK ; ;

**{OP Hip Twist to Fan}** Fwd L, rec R, cl L (*W bk R, rec L, fwd R with tention to ld-arm to swivel ¼ RF*) end L-Shape M fc Wall W fc LOD, -; Bk R, rec L, sd R (*W fwd L, trng ½ LF sd R, bk L*) to fan pos, -; **{Stop & Go Hockey Stick}** Ck fwd L, rec R, trng slightly LF cl L (*W cl R, fwd L, fwd R trng ½ LF under jnd ld-hnds*), -; Ck fwd R, rec L trng RF, sd R (*W ck bk L raising lft-arm straight up palm out, rec R lowering arm, fwd L trng ½ RF under jnd ld-hnds*) to Fan Pos, -;

#### 05-08 START STOP & GO INTO CROSS BODY ; ; CUDDLE/W SPIRAL & WHIP to WALL ; ;

**{Start Stop & Go Into Cross Body}** Chk fwd L, rec R raising lft-arm to lead W to a LF underarm turn, sd L fcg wall bringing ld-arm down sharply and placing r-hnd on W's bk to an "L" pos (*W cl R, fwd L, fwd R, trng sharply ½ LF under jnd ld-hands to fc LOD, trl-arm Up & out*), -; Bk R comm LF trn to CP, rec L comp LF trn to CP COH, sd R (*W small fwd L comm LF trn to CP*) put the trl-hnd on the lft-shoulder M, bk & sd R to CP cont LF trn to fc ptr, sd L) to r-hndshk COH, -; **{Cuddle /W Spiral & Whip to WALL}** Sd & slightly fwd L shapg twd ptr, rec R, cl L raisg jnd ld-hnds (*W trn RF ½ bk R, trn LF ¼ to LOD, fwd R, spiral 7/8 LF under jnd ld-hnds*), -; Bk R trng LF & ldg W acrs, rec L contg LF trn (*W fwd L trng LF & xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L*) sd R/cl L, sd R to BFLY WALL ;

#### 09-12 BACK BREAK to ½ OP LOD ; 3 OP IN & OUT RUNS ; ; ;

**{Bk Break to ½ OP LOD}** XLib trng to ½ OP LOD, rec R, fwd L twd ½ OP LOD, -; **{3 OP In & Out Runs}** Fwd R begin RF trn, sd & fwd L Xif of W cont trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (*W Fwd L, R, L*), -; Fwd L, R, L (*W fwd R comm RF trn, sd & fwd L Xif of M cont trn, fwd & sd R*) to ½ OP DLC w/ free arms extended to sd, -; Repeat meas 10 Part A to ½ LOP LOD ;

#### 13-16 THRU FRONT VINE 4 ; CHASE w/ UNDERARM PASS ; ; FENCE LINE w/ ARMSWEEP in 4 ;

**{To LOD Thru Front Vine 4}** [QQQQ]Thru L, sd R, XLib, Sd R ; **{Chase w/ Underarm Pass}** [relsng trl hnds] Fwd L trng RF ½ keepg ld-hnds jnd w/ palm upwards, rec R, small fwd L (*W bk R, rec L, fwd R twd M's lft-sd*), -; **{Fence Line w/ Armsweep in 4}** [QQQQ] XLif (*W XRif*) w/ bent knee lft-arm circle CW ifo body, rec R, sd L, cl R ;

## PART B CHA CHA

#### 01-04 CROSS BODY/M SPOT TURN ; ; NEW YORKER ; WHIP to WALL ;

**{Cross Body/M Spot Turn}** Rk fwd L, rec R to CP trng ¼ LF to fc LOD blending to "L" pos, sd COH L/cl R, ipl L (*W rk bk R, rec L, fwd R/ik Lib, fwd R*) ; XRif & extend r-arm to Coh comm trng LF, fwd L to WALL cont LF trn, sd & fwd R cont LF trn to fc ptr/cl L, sd R (*W fwd COH L, fwd R trng ½ lf to fc WALL, bk & sd L/cl R, sd L*) to BFLY POS COH ; **{New Yorker}** Thru L to LOP LOD, rec R to fc, sd L/cl R, sd L to BFLY COH ; **{Whip to WALL}** Bk R trng LF & ldg W acrs, rec L contg LF trn (*W fwd L trng LF & xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L*) sd R/cl L, sd R to BFLY WALL ;

**05-08 SHOULDER to SHOULDER TWICE ; ; SCALOP & r-hndshk ; ;**

**{Shoulder to shldr x 2}** Fwd L to SCAR, rec R to fc, sd L/cl R, sd L ; Fwd R to BJO, rec L to fc, sd R/cl L, sd R ; **{Scallop & r-hndshk}** Rk bk L to SCP LOD, rec R to fc ptr & CP, sd L/cl R, sd L to SCP LOD ; Thru R to SCP LOD, sd L to fc ptr & CP, XRif (W XLif)/sd L, cl R to r-hndshk WALL ;

**09-12 FLIRT to VARSOUVIENNE ; ; SWEETHEART TWICE ; ;**

**{Flirt to VARSOU}** Fwd L, rec R, sd & bk L/cl R, sd & bk L (W bk R, rec L trng ½ LF trn to VARS, sd R/cl L bk R) ; Bk R, rec L, sd R/cl L, sd R (W bk L, rec R, sldg ifo M to lft-VARS sd L/cl R, sd L) relsg hnds ; **{Sweetheart x 2}** Chk Fwd L w/ LF bdy trn & look at ptr [xtndg M's lft-arm out to sd & r-arm fwd], rec R, sd L/cl R, sd L (W Bk R w/ LF bdy trn & look at ptr [xtndg W's lft-arm fwd & r-arm out to sd], rec L, sd R/cl L, sd R) ; Chk Fwd R w/ RF bdy trn & look at ptr [xtndg M's r-arm out to sd & lft-arm fwd], rec L, sd R/cl L, sd R (W Bk L w/ RF bdy trn & look at ptr [xtndg W's lft-arm out to sd & r-arm fwd], rec R, sd L/cl R, sd L) ;

**13-16 SWEETHEART/W SWIVEL to FACE ; FENCE LINE w/ ARMSWEEP ; REVERSE UNDERARM TURN ; WHIP to COH ;**

**{Sweetheart/W Swivel to Fc }** Repeat meas 11 Part B (W Bk R w/ LF bdy trn & look at ptr [xtndg W's lft-arm fwd & r-arm out to sd], rec L, trng ½ RF sd R/cl L, sd R to fc ptr) ; **{Fence Line w/ Armsweep}** XRif w/ bent knee [r-arm circle CCW ifo body] (W XLif w/ bent knee lft-arm circle CW ifo body), rec L, sd R/cl L, sd R to BFLY WALL ; **{Reverse Underarm Turn}** [relsg trl-hnds] Raisg jnd ld-hnds XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (W full LF trn undr jnd hnds XRif, rec L, fwd & sd R/cl L, sd R) to BFLY WALL ; **{Whip to COH}** Repeat meas 4 Part B to COH ;

**17-20 START CROSS BODY to TUMMY CHECK & BACK ; ; ; FINISH CROSS BODY ;**

**{Start Cross Body to Tummy Chck & Bk}** Fwd L, rec R trng ¼ LF to RLOD, ipl sd L/cl R small sd L (W Bk,R, rec L, fwd R/ik Lib, fwd R) to L-Pos M fcg RLOD/W fcg WALL ; [Stop the W w/ ld-hnd] Lunge sd R, rec L, cl R/ipl L, R (W [Both arms fwd] fwd L, rec R, bk L/ik Rif, bk L) ; Lunge sd L, rec R, cl L/ipl R, L (W Bk R, rec L, fwd R/ik Lib, fwd) ; **{Finish Cross Body}** Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (W fwd L comm LF trn, fwd & sd R cont LF trn to COH, sd & bk L/cl R, sd L) to BFLY WALL ;

**21-24 FENCE LINE w/ ARMSWEEP ; CRAB WALKS ; ; SPOT TURN to BFLY ;**

**{Fence Line w/ Armsweep}** XLif w/ bent knee lft-arm circle CW ifo body (W XRif w/ bent knee [r-arm circle CCW ifo body], rec R, sd L/cl R, sd L) ; **{Crab Walks}** Twd LOD XRif (W XLif), sd L, XRif (W XLif)/ sd L, XRif (W XLif) ; Sd L, XRif (W XLif), sd L/cl R, sd L ; **{Spot Turn}** XRif (W XLif) trng ½ LF, rec L contg to trn to fc ptr, sd R/cl L, sd R to BFLY WALL ;

**ENDING RUMBA**

**01 To RLOD AIDA & EXTEND ;**

**{Aida to RLOD & Extend}** Xg ld-hnds ovr trl-hnds to RLOD thru L, sd R trng LF, bk L contg LF trn to "V" bk to bk pos, extendg free arms up & out ;